## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



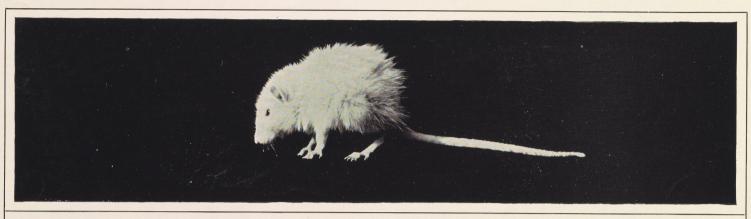
## Vitamin B

RECEIVED

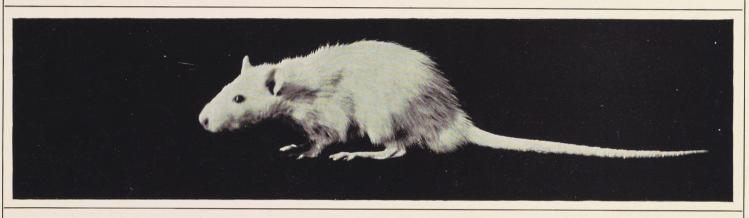
★ NOV 13 1929 ★

In the Diet

Effect of Vitamin B on Growth and Health



Diet adequate except for vitamin B



Vitamin B added to the same diet
Litter mates of the same sex, 8½ weeks old. Weight of smaller, 31 grams;

of larger, 123 grams. Note the rough fur, lack of vigor, and stunted growth of the smaller rat

RATS THREE-FOURTHS ACTUAL SIZE

## Some Common Sources of Vitamin B



Asparagus Beans, dried and fresh Brains Cabbage

Carrots

Cauliflower Celery Cowpeas Egg yolk Fish roe Grapefruit Kidney Lemons Lentils Whole-grain products

Lettuce Liver Milk Nuts Okra Onions Oranges Parsley Parsnips Peas Potatoes Pineapples Rutabagas Spinach and other greens Tomatoes

NUTRITION CHART 8

Bureau of Home Economics
UNITED STATES DEPARTMENT OF AGRICULTURE